

Challenges for 2013

The staff for the FSS program believes in the power of setting and accomplishing goals. That's why we've developed these **Challenges for 2013**! Periodically, we will send you a new challenge to overcome. As you accomplish your goals, we invite you to share your success! Simply hit reply to this email to tell us about how you're doing, suggest topics and share resources or tips !

Challenge 5

July Is Exercise Month!

Take some time out of your busy schedule and dedicate 30 minutes to exercising!



Have your goals changed? Remember to [Contact the FSS program](#) today to update your contract!



5 Benefits of Exercising

1. Exercise promotes better sleep



Do you ever find that you can't sleep at night? You toss and you turn, and even count sheep, but nothing seems to help you. Well studies show that exercising can actually help you sleep. It does not have to be a vigorous workout; exercising for as little as 30 minutes can deepen your sleep at night, and breaking it up throughout the day can be effective as well. Just be careful to not to exercise too close to your bed time or you may be too energized.

2. Exercise boosts energy

Do you find yourself feeling sluggish at times? You wish you had more energy? Exercising is one way that can give you that boost of energy. When a person exercises, nutrients and oxygen is being delivered to a persons tissues to help their cardiovascular system work more efficiently. As a result, your heart and lungs work more efficiently and a person will have more energy to perform daily tasks.



3. Exercise controls weight

Do you feel like you are constantly gaining weight, or you can never maintain your weight? When a person engages in physical activity, they burn calories. If the workout is more intense, then the more calories that the person will burn. In order to lose weight, you have to burn more calories than you intake (in addition to eating healthy). If you are unable to perform a workout one day, you can get more active just by doing simple tasks such as taking the stairs instead of the elevator or revving up your household chores.

4. Exercise improves mood

Are you ever in a bad mood and you don't feel like talking to anyone? The reason why exercise improves a persons mood is because physical activity stimulates various brain chemicals that may leave a person feeling happier or more relaxed. Exercise can also leave a person feeling more confident about themselves; feeling better about their appearance.

5. Exercise combats health conditions and diseases

Exercise is a great way to help prevent some diseases that can occur later on in life including: stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

ACTIVITIES



Biking

Biking for exercise is a great way to get fit, get active and get outside. If you are looking for trails to ride on, San Diego has many of them including Balboa Park trails, Lake Miramar, and Sunset Cliffs.

For more information on the different trails, you can visit <http://www.sandiegomagazine.com/San-Diego-Magazine/April-2012/>

Swimming

It's the summer now which means this is the best time to go swimming.

Take your kids out to play in the water and race them in swimming games. And little did you know, while your having fun with them, you are also burning calories. Swimming is a great form of exercise, and a fun way too. San Diego has many recreation centers with pools for adults and children to join. For more information on the different recreation centers, you can visit

<http://www.sandiego.gov/park-and-recreation/index.shtml>

Don't Forget The...

FSS SCHOLARSHIP

As you should already be aware, the FSS program scholarship letters and applications have been mailed to you. Included is information about the grants that we will be awarding to FSS participants and members of their households. As a reminder, the scholarship application and essay must be returned to us no later than August 1, 2013.



"If you're trying to achieve, there will be road-blocks. I've had them; everybody has had them. But obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it."

Michael Jordan



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